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Tuesday, January 26, 1999

Tuesday Live!

Sports Fitness Recreation

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THE LEMON GROVE

REVIEW



Lifelong Fitness available at Cuyamaca College

by Norrie West

Ever done the bent leg curl, or the tricep press, or the standing calf raise?

Well, those three exercises and 21 more are waiting for your presence at the Cuyamaca College Lifelong Fitness Center.

You can join the throng there by enrolling in Lifelong Fitness P.R. 011, a half-unit class at Cuyamaca, available to almost everyone wanting to improve their health.

By improving one's health, they mean your cardiovascular endurance, your strength and your flexibility. Also, you could shed pounds and lose unwanted inches.

"It is never too late to start a fitness program. A majority of our fitness students are 45 and over," said John Yasuda, lead instructor at the college center.

He added that the staff checks all new enrollees with various tests, and that we are careful to get all the

facts concerning your health.

He noted that the college even has adaptive classes for those who have physical limitations.

He commented that the fitness center at Cuyamaca College is the largest in the East County, with an awesome roomful of machines that make a great variety of exercises possible.

He said that these machines will help exercise arms, hips, legs, chest, shoulders, trunk and upper body.

All of this is available in Circuit I and Circuit II that comprise the Lifelong Fitness class.

Each Circuit provides 12 separate exercises, utilizing the specialized machines that cover the center floor.

There also is a second class called Applied Fitness and a third called Foods and Fitness. Each is separately taught, one semester at a time.

Speaking of semesters, the spring one began yesterday, to be exact.



Lead fitness instructor John Yasuda (right) gives some tips to Bob Frescas of El Cajon who is using the leg machine to do some seated leg curls on the Cuyamaca Center's machine.

Photo by Norrie West

So, if you want to enroll, it is a good time.

"Classes are open for enrollment until March 19," Yasuda said. "Even if you wait a bit you can still get into our classes for the current semester."

He said they expect a total of 1,500 in the fitness classes, and most all will be East County residents, who

will be taking advantage of the college's inexpensive fitness program.

He added that this is a community college, not just in name, and is located in Rancho San Diego, which is easily reached.

"All of our classes are open to area residents. Everyone is most welcome," Yasuda concluded.

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Vol. 51, No. 42

New!**Free Tuesday Live! Box Ads****Free!**

Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. We encourage sports, recreation or fitness items, but, hey, advertise your yard sale if you want.

New
Garage sales OK
send 10 days ahead

PARAKEETS: With large cage and accessories. Foods. Male is green. Female is white. Get along well. \$69 for all or best offer. Call 449-9344 before 10 a.m. or after 6 p.m.

EXERCISE, Nordictack Ski Machine with track monitor, excellent condition, like new, \$125. 582-0123.

NORDICTRACK SE-QUOIA and Health Rider, both in perfect condition, \$95 each. 462-8131.

BRIDAL FAIR: East County Bridal Fair looking for exhibitors for September Bridal Fair. Florists, D-Js, photographers, Bridal Consultants, gowns, etc. Please call Adolfo at 667-1307.

EL CAJON INCOME PROPERTY. Yes, I said income! 10 units, \$850,000, with positive cash flow. Unique duplexes, with condo conversion possible. MPM Realty, 644-2077.

BAR, 1950s, blond wood, 29"-56"Hx38"Hx19"D, 2 shelf units, 23-piece glassware, unique. Bumper pool table (Frederick-Willy's), new balls, travel cue. 466-4838.

Your For Sale by Owner here!

ONLY FIVE BOLD WORDS
Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

JULIAN. Romantic mountain-top retreat. 2 bedroom, 2 bath, fireplace, spa, satellite, panoramic-view deck, 3/4 acre, walk to town, workshop, carport. Ellen Jackson, 275-7237.

BARBECUE GRILL smoker, Brinkman "Smoke 'N Grill," 16" diameter grill/smoker, \$20. Scroll saw, Woodmaster freestanding with light, \$50. 583-4620.

BED, extra-long twin with metal frame, mattress, and box spring, excellent/super clean condition, \$55. 697-5052.

BMW 318i, 1984, \$1850. Trucks, whole or parts. Tar kettle. Campers. Multistation gym. Club double Stairobic. Portable spa. Large aquarium. More. 660-8491.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

CHEST, oak, antique, quarter sawn, 5 drawer, with framed oval beveled mirror, very striking, \$400. 449-9783.

DINING TABLE with 2 captain's chairs, antique. Curio, coffee table with leather top, accent table, contemporary sofa. 697-3525.

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Available!

Full contact football players needed for the upcoming 1999 season. Must be a least 18 years old and have recent experience. For more information, contact us via e-mail at sd-shockwave@hotmail.com

To submit an ad use this form provided. MAIL to Forum Publications, Box 127, Lemon Grove CA 91946.

Name _____ Daytime phone _____

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21. _____ 22. _____ 23. _____ 24. _____ 25. _____

26. _____ 27. _____ 28. _____ 29. _____ 30. _____

PUBLIC NOTICES

•Spring Valley•

NOTICE OF TRUSTEE'S SALE. TS # 98-12370-C. YOU ARE IN DEFAULT UNDER A DEED OF TRUST. DATED 5/11/93. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 2/1/99, at 12:00 PM, LAW OFFICES OF STEVEN J. MELMET, INC., as duly appointed Trustee under and pursuant to Deed of Trust recorded 5/26/93, as Instrument No. 98-0330987, in book _____, of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by JANUSZ PRZYBYLSKI AND KRYSZYNA PRZYBYLSKI, HUSBAND AND WIFE AS COMMUNITY PROPERTY WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by a cashier's check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state) at AT THE ENTRANCE TO THE CITY HALL EAST, 300 NORTH COAST HIGHWAY, OCEANSIDE, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: Lot 219 of Casa De Oro-Avocado Estates Unit No. 3, in the County of San Diego, State of California, according to map thereof No. 2175, filed in the office of the County Recorder of San Diego County, January

2, 1930, APN #501-092-05-00. The street address and other common designation, if any, of the real property described above is purported to be: 4237 NORTH CORDOVA AVENUE, SPRING VALLEY, CA 91977. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$187,231.56. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Date: December 18, 1998. LAW OFFICES OF STEVEN J. MELMET, INC., AS TRUSTEE MICHELLE ENSLEY, Authorized Signature, 2912 S. Daimler Street, Santa Ana, California 92705-5811. FOR SALES INFORMATION, PLEASE GO TO: www.calpost.com or call (626) 660-5932. C289284 1/12, 1/19, 1/26 1999

NOTICE OF TRUSTEE'S SALE. Trustee Sale No. 98-03336. Loan No. 938690-2. Title Order No. 8256850. APN 579-192-19-00. FHA # 044-3516529-729. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/08/97. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On February 16, 1999, at 10:00 AM, ARM FINANCIAL CORPORATION as the duly appointed Trustee under and pursuant to Deed of Trust recorded on 12/17/97 Instrument 1997-0642715, Book _____, Page _____ of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: EDWARD W. HOFFMAN, A SINGLE MAN AND KELLY L. ALLEN, A SINGLE WOMAN, AS JOINT TENANTS, as Trustor, HOMESIDE LENDING INC., as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA., all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: "As more fully described on the above mentioned Deed of Trust". The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 623 PECOS STREET, SPRING VALLEY, CA 91977. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$119,376.34 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. Date: 01/22/99, ARM FINANCIAL CORPORATION, P.O. Box 85309, San Diego, CA 92186-5309, (619) 689-9735 LISA LEWIS, ASSISTANT SECRETARY NPP0056542 01/26/99, 02/02/99, 02/09/99

Coming next Tuesday...

The premiere edition of



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- Housing news
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- Investment ideas
- New businesses
- Free classifieds

East County AYSO area champions crowned

by Michael Krawczak

Five long months of hard practice and well executed games came to fruition for six East County teams, as Area V AYSO soccer champions were determined on Jan. 17.

Over two weekends, in six cities, the best of East County paired off, with the following results.

Div. 3 Boys

La Mesa Point Blank defeated Lakeside, 2-0 in the Div. 3 Boys final. Semifinal matches pitted two La Mesa teams against each other in one, and two Lakeside teams against each other in the second.

Point Blank coach Steve Irwin noted the outstanding play of goalkeeper Tommy Haaf, midfielder Doug Irwin and Luke Cremona, Casey Moore and Francisco Ortiz.

He also thanked his assistant coach, Steve Eidsmoe.

In preparation for the upcoming county and sectional tournaments, Irwin would welcome donations from contributors desiring to help sponsor a championship team. He can be contacted at



Lakeside Final Warning player is on the run with the ball as a Jamul Tsunami player gives chase during Div. 3 Girls final at Prospect School in Santee on Jan. 17. Lakeside won the Area V title with a 4-0 win to advance to the county playoffs.

Photo by Mike Krawczak

697-2985.

Div. 3 Girls

In the Div. 3 Girls final played in Santee, Lakeside Final Warning shut out Jamul Tsunami, 4-0.

Lindsay Morris and Malory Palmer each scored twice. Goalkeeper Laura Ketcham made several tremendous stops.

vanced directly to the championship game.

Div. 4 Boys

The Santee Gators outscored opponents 22-6, in sweeping six Div. 4 Boys games. The final was a 1-0 win over the La Mesa Hornets.

Daniel Craig, who led the Gators with 10 goals and scored in every game, punched in the winner on a tap off an indirect kick by Ben McNulty. Goalkeeper Jacob Wenzel made several key late stops to hold La Mesa scoreless.

In a very physical semifinal, punctuated by four yellow cards and one La Mesa player ejection, the Gators edged the Fighting Irish, 3-2.

Arthur Van Order had two goals for the Gators. Also scoring for the Gators during four pool games were Sonny Chattle, Tanner Forman, Brian Bloemen and Greg Mesa.

Coach Brian Derby also praised the play of midfielder Bryce Witte and fullbacks Greg Christensen and William Morel.

Div. 4 Girls

Lakeside Girls also reigned in Div. 4, as the Bruisers downed La Mesa, 4-0, in the final. In the semifinal, the Bruisers also shut out El Cajon, 2-0.

Nikki Sessions was the scoring leader, personally tallying more goals than all of Lakeside's opponents combined, including a hat trick in the final.

Coach Tom Collins singled out the efforts of forwards Kara Duarte, Jamie Bond and Allison McCrae.

Goalkeepers Whitney Collins and Chelsea Harden were strong in the net. Forward Tiffany Knox set up several passes for Sessions. Midfielder Bianca Brom-

berger's speed kept opponents from executing breakaways.

On defense, Carlee Sorchy, Ashley Smith, Kandice Gale and Tiffany Slattum controlled the field.

Cory Slattum was relegated to sideline cheerleader with a broken arm, but is expected back in time for the county tournament.

Collins praised his assistant coaches, Wayne Sessions, Jim Slattum and Jeff Sorchy and Team Mom Cindy Duarte. He also thanked the Bruisers' sponsors, Knox Attorney Service and Duarte Trucking.

Div. 5 Boys

In La Mesa, the Div. 5 Boys semifinals featured three Santee teams and one La Mesa entry.

In the end, home field advantage meant 1st place medals, as the La Mesa Tsunami defeated the Santee Hornets, 5-0.

Dusty Henderson, the leading Tsunami scorer, had two goals in the final. Also scoring were Andrew Hanson, Matty Strauss and Alessandro Maganauco.

Craig Reisdorf and Hanson controlled the middle during every game and Coach Gary Hanson praised the play of goalkeeper Strauss.

Div. 5 Girls

The Div. 5 Girls semifinals also featured three Santee teams and one La Mesa squad, but the final was all Santee, with the Leapin' Lizards edging White Lightning, 2-1, in overtime.

In regulation play, Ashley Holton scored for the Lizards. This was matched by Kaycee Gunion's penalty kick goal for White Lightning. Late in overtime, Sarah Dragoon's goal won it for the Lizards.

Forward Brittany Vidal also played well for the Lizards. Liz Ebbert, Morgan Bowne and Veronica Mendivil were standouts on White Lightning.

Winners and runners-up will advance to the San Diego County tournament in February, where chances of Area V title contest rematches in the county final run strong.

Stopping a potential shot



Grossmont interleague game on Jan. 12 had Mount Miguel (black top) and El Capitan players challenging for the ball near the Vaqueros goal. The home-team Vaqueros won the tightly contested match by a 2-1 score as the team's were preparing for start of league season. Photo by Greg Eichelberger

East County Recreation Department Phone Numbers	
Santee Community Services Dept	258-4180
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Rec Dept. (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4575
Lakeside Recreation Center	443-4169

East County High School

Sports Schedule (as available)

Tuesday, Jan. 26 - Tuesday, Feb 2

Check with schools for times

Tuesday (1/26) - Boys Soccer: (Girls at opposite sites) Helix at Granite Hills, Valhalla at Monte Vista, El Capitan at Santana, El Cajon Valley at Grossmont. **Boys Soccer:** Christian vs. Crawford. **Girls Basketball:** (Boys at opposite sites) Grossmont at El Cajon Valley, Santana at El Capitan, Valhalla at West Hills, Helix at Mount Miguel, Monte Vista at Granite Hills, Christian Girls and Boys at Marian. **Girls Water Polo:** Valhalla at Granite Hills, Grossmont at El Capitan.

Thursday (1/28) - Wrestling: Mount Miguel at Valhalla, Helix at Monte Vista, West Hills at Grossmont, El Capitan at Santana, Granite Hills at El Cajon Valley. **Boys Soccer:** (Girls at opposite sites) Monte Vista at Granite Hills, Mount Miguel at Helix, El Capitan at El Cajon Valley, Santana at West Hills, Christian at Hoover (boys only). **Girls Water Polo:** West Hills at Grossmont.

Friday (1/29) - Girls Basketball: (Boys at opposite sites) El Capitan at El Cajon Valley, Santana at West Hills, Helix at Grossmont, Granite Hills at Mount Miguel, Monte Vista at Valhalla, Christian vs. Crawford. **Girls Water Polo:** Valhalla Tournament (also Saturday). **Girls Soccer:** Christian at Lincoln.

Tuesday (2/2) - Boys Soccer: (Girls at opposite sites) Helix at Granite Hills, Valhalla at Monte Vista, El Capitan at Santana, El Cajon Valley at Grossmont, Christian at Marian (boys only). **Girls Basketball:** (Boys at opposite sites) Granite Hills at Helix, Mount Miguel at Valhalla, Monte Vista at Santana, Grossmont at El Capitan, West Hills at El Cajon Valley, Christian at Clairemont. **Girls Water Polo:** Grossmont at Santana, Granite Hills at Mount Miguel.

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